

Mexican Rice II

Makes: 6 servings

Ingredients

- 1 cup** rice
- 1** yellow onion (medium, chopped)
- 1** garlic clove (chopped)
- 2** chicken bouillon cubes, low sodium
- 1 can** tomato sauce (8 ounces)
- 3 1/3 cups** vegetables (frozen, peas and carrots)
- 2 tablespoons** cilantro (chopped fresh)

Directions

1. Lightly spray a large saucepan with non-stick cooking spray.
2. Add rice to saucepan. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes. Add hot water, bouillon cubes and tomato sauce, stirring until bouillon cubes are dissolved. Reduce heat to low. Cover and simmer for 20 minutes.
3. Add frozen vegetables. Cover and simmer for an additional 10 minutes or until all moisture is absorbed.
4. Sprinkle cilantro on top of cooked rice. Serve.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	1 g	2%
Protein	6 g	
Carbohydrates	39 g	13%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	280 mg	12%